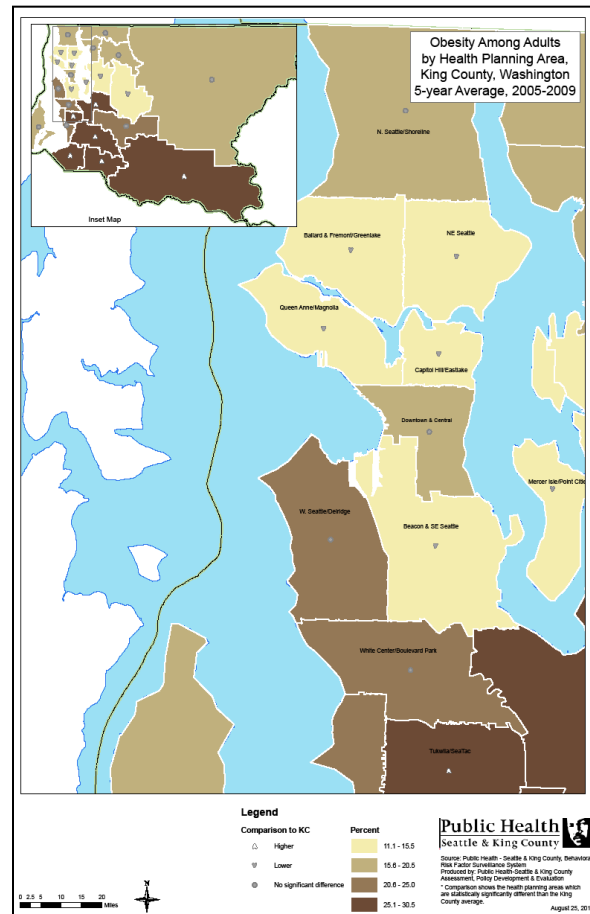


Healthy Communities

Collaboration Between Seattle Parks and Recreation and Public Health Seattle and King County



Obesity Rates by Seattle Neighborhood



Board of Health Resolution

- In 2005 the Board of Health endorsed the “Overweight Prevention Initiative’s” 10 Point Plan.
- #7 “Support greater use of private and public facilities for physical activity, starting with community and senior centers and schools.”

For more information see

<http://www.kingcounty.gov/healthservices/health/chronic/overweight/10pointplan.aspx>

Steps to Health King County

- “Sound Steps” program



For more information see <http://www.cityofseattle.net/parks/Seniors/SoundSteps.htm>

Healthy Parks, Healthy You

Healthy Eating Policies:

- 100% healthy vending policies
- Meal guidelines and education on cooking

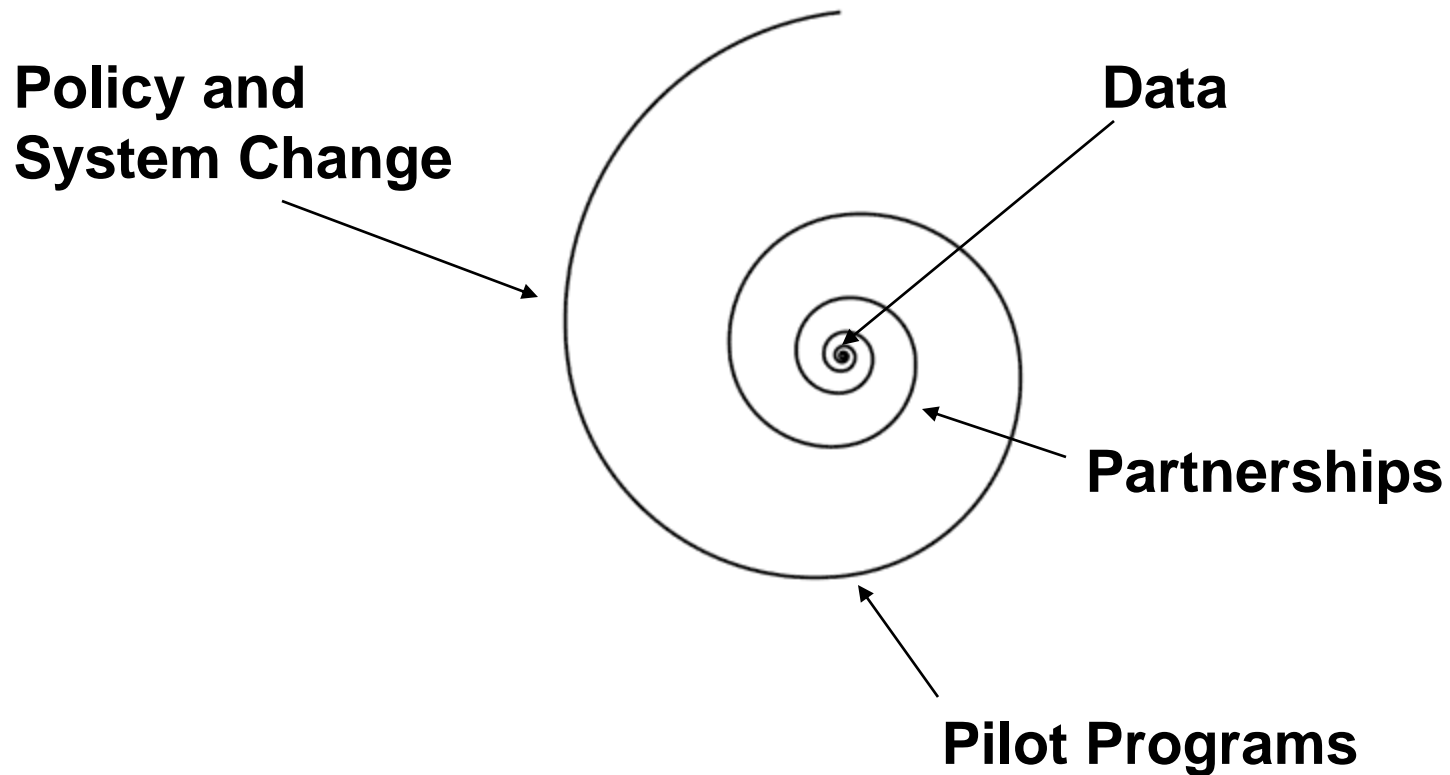
Healthy Parks, Healthy You

Active Living Policies:

- Minimum physical activity requirements for childcare programs (CPPW grant).
- Incorporating physical activity and nutrition guidelines across the board in all SPR programs

For more information see <http://www.cityofseattle.net/parks/healthyparks/>

Making Healthy Choices, Easy Choices



Next “Steps”

- Let's Move
- Communities Putting Prevention to Work (CPPW)

For more information see

<http://www.letsmove.gov/>

<http://www.kingcounty.gov/healthservices/health/partnerships/CPPW.aspx>